

THE ADVENTURES OF

BOINGG & SPRINGETTE™

THROUGH

PUFFLETOWN

WRITTEN &
CREATED BY
MICHELLE BAIN

**WINDY
PLAYWELL**

**SPIKE
ARMSTRONG**

**DR. WOODY
VON WHEEZLES**

**FUZZY
G. POLLEN**

LOUIE

**HELPING YOU UNDERSTAND ASTHMA
ONE BREATH AT A TIME!**

**PROACTIVE
PARENTS/GUARDIANS
GUIDE**

WINNER OF NATIONAL ENVIRONMENTAL
LEADERSHIP AWARD IN ASTHMA MANAGEMENT

DEAR PARENT/GUARDIAN,

We all want our children with asthma to be healthy!

Asthma can be a frightening experience for kids, as well as their parents. Let Darby Bolngg be your partner, along with your physician, as you and your child learn how to manage asthma.

Good readings to you and your family!

- Woody Kageler, M.D.
(the real Doctor Woody!)

DEAR PARENT/GUARDIAN,

I'm Darby Bolngg and I created a book for your kids about asthma. I teach the importance of seeing a doctor, following your asthma action plan, using a peak flow meter, watching your asthma triggers and being ready for emergencies. This guide is for you and your child to work together and make a plan for living healthy with asthma!

- Darby Bolngg

DISCLAIMER. This book provides general information about asthma and related issues. This information does not constitute medical advice and is not intended to be used as a solitary reference on the subject matter, for the diagnosis or treatment of a health problem, or as a substitute for consulting a licensed health care professional. Consult with a qualified physician or healthcare practitioner to discuss specific individual issues or health needs, and to professionally address personal, emotional, health, physical, nutritional, or medical concerns. You should consult a qualified medical professional before beginning any exercise program.

DARBY BOINGG INTRODUCES HIS FRIENDS FROM THE ADVENTURES THROUGH PUFFLETOWN!

“I helped Spike find out he had asthma! And I help him watch for warning signs of an episode!”

- WINDY PLAYWELL

“I have asthma but I have learned to control it by following my asthma action plan!”

- SPIKE ARMSTRONG

“I know I am a mess of triggers but I help Spike learn and watch for what triggers his asthma!”

- FUZZY G. POLLEN

“My hair and dander could be a trigger for Spike or someone with asthma. But by watching the signs of a trigger we can still be friends!”

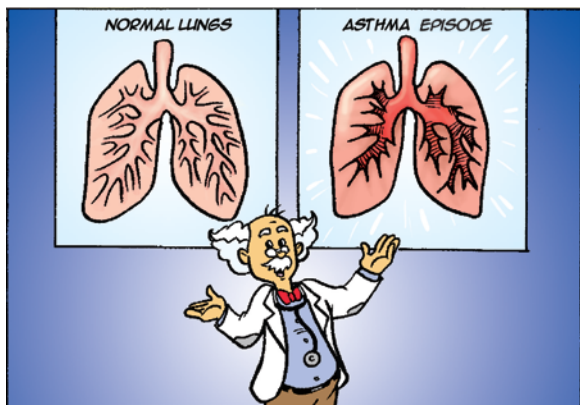
- LOUIE

“I can help you with your asthma action plan and give you all the information you need to stay in the green zone!”

- DR. VON WHEEZLES

Dr. Von wheezles, from the puffletown posse, overheard windy talking about spike's condition. He described to windy, spike, and darby what happens during an asthma episode.

DON'T BE AFRAID TO CALL 911!



In normal lungs, the air goes in and out very easily! The parts of your lungs that carry the air out are open and clear!

But in an asthma episode it's hard to breathe because the wind pipes become tight and coated with thick, sticky stuff called mucus! The muscles tighten in your lungs, making it hard to breathe.

DON'T BE AFRAID TO CALL 911!

SIGNS OF AN ASTHMA EPISODE

- wheezing
- headache
- itchy throat
- dizziness
- watery eyes
- sneezing
- coughing
- feeling tired
- hard time breathing
- runny nose
- fast heartbeat

SIGNS AND SYMPTOMS OF A SEVERE ASTHMA EPISODE IN INFANTS & SMALL CHILDREN

- Nasal flaring (nostrils open wider with breathing)
- Suckling or feeding may stop
- Breathing rate increases more than 40 breaths per minute while infant is sleeping
- Retractions (the chest appears to suck in below the neck and/or the skin between the ribs pulls tight and sinks in with breathing)
- Grunting when breathing out
- Cry may become softer or shorter
- Wheezing and coughing gets worse even after rescue medications
- May complain that chest or stomach hurts
- May become tired easily while playing or may avoid activities altogether
- Skin color may change (around the mouth or fingernails may turn blue or skin may appear pale or gray)

FUZZY G. POLLEN TALKS ABOUT TRIGGERS

- emotions
- pollution
- perfume
- cold/flu
- dust
- mold
- cold air
- pollens
- cockroaches
- animal dander
- smoke
- heat
- exercise

HEALTHY QUESTIONS ABOUT YOUR CHILD'S TRIGGERS:

1. What are your Child's triggers?
2. How do they make him feel?
3. What are ways that you can avoid them?

SPIKE ARMSTRONG TALKS ABOUT USING A PEAK FLOW METER

HEALTHY QUESTIONS ABOUT YOUR CHILD'S PEAK FLOW METER:

1. Where is your child's peak flow meter right now?
Have her help you find it!

2. Is your child's peak flow meter clean?

YES

NO

If not, it is a good idea to have you and your child
clean it up for safe measure!

3. Talk to your child about the readings and what
they mean to her and her asthma.

Always keep your doctors appointments to stay tuned
on your asthma!

KNOW YOUR ZONES!

Spike explained to his friends the color codes that let him know how his breathing and his asthma are doing.

What's an asthma action plan, Spike?

SAFETY ZONE

- No cough/wheezing
- Breathing is easy

CAUTION ZONE

- Short of breath
- Coughing/wheezing

DANGER ZONE

- Difficulty walking, talking
- Very bad breathing problems

HEALTHY QUESTIONS ABOUT YOUR CHILD AND HIS OR HER PEAK FLOW ZONES:

1. Ask your child how he feels when he is in the GREEN ZONE.
2. Ask your Child how he feels when he is in the Yellow Zone.
3. Ask your Child how he feels when he is in the red Zone.

If you have questions about your child's asthma zones, ask your doctor!

ASTHMA ACTION PLAN

Dr. Von Wheezles reminded Spike what each color on his peak flow meter meant and what to do at each level.

When your peak flow meter is green, you feel good - you can get up and go!

When it is yellow - slow down and take your rescue medication.

If it is red - stop! Get help from an adult right away or call 911!

PUFFLETOWN PLEDGE

I take a deep breath, checking my asthma and me, I use my peak flow meter to see if it's green...

I have my asthma action plan & my inhaler in reach. I use my medicine daily to keep me breathing free!

Red, yellow, green- I check it every day... I watch my triggers daily to keep me in play!

✓ I took the Puffletown Pledge

- Darby Boingg

X Sign _____

HEALTHY RULES OF ASTHMA!

Spike gave a super kick to the kickball, and both the Claytown kickers and the Puffletown Posse cheered him on!

It's good to be kickin' and breathin' well!

That is awesome!

- Don't be afraid to call 911.
- Carry your rescue inhaler and spacer with you at all times, when possible.
- Keep track of your triggers.
- Use your rescue medicine 15 to 30 minutes before physical activity.
- Make sure the school nurse has a copy of your action plan, as well as your medicine.
- Use your peak flow meter, and follow your action plan as instructed by your doctor.

HOW TO CARE FOR YOUR PEAK FLOW METER

- Wash the peak flow meter once per week.
- Wash it more often if your child is having asthma symptoms.
- Wash the peak flow meter in warm water with a mild soap.
- Rinse thoroughly.
- Allow it to air dry before using it.
- DO NOT attempt to clean the inside of the peak flow meter with a brush.
- DO NOT boil or try to take apart.

DARBY BOINGG AND SPIKE REVIEW HOW TO USE YOUR INHALER

1. Shake your inhaler 3-4 times before you use it.
2. Remove the cap from your inhaler.
3. Put your inhaler into the spacer.
4. Take a deep breath out.
5. Put the mouthpiece between your teeth and tighten your lips around it.
6. Press the top of your inhaler one time.
7. Take a deep breath in slowly.
8. Hold your breath and count to 10 and then breathe out.

TIPS FOR USING THE INHALER WITH SPACER (WITH AND WITHOUT MASK)

1. Remove the cap from the inhaler and spacer.
2. Check the spacer for dust or other items before each use.
3. Put the inhaler mouthpiece into the end of the spacer.
4. Hold the spacer and inhaler firmly. Shake 4 or 5 times.
5. Have your child breathe out normally.
6. Place the mouthpiece of the spacer between the front teeth and tighten the lips around it. Make sure the tongue is flat and under the mouthpiece. (If a mask is used, place the mask gently over the mouth and nose.)
7. Push down on the end of the inhaler once, and have your child take a slow deep breath in.
8. After inhaling as much air as possible, have your child hold her breath for 5-10 seconds (if she can).
9. (If a mask is used, keep the mask sealed on your child's face and have him breathe in and out 5 to 6 times.) If the spacer makes a whistling sound, your child is breathing in too fast; have him slow down.
10. Breathe out slowly and rinse your child's mouth out after using the inhaler.

TIPS TO CLEAN SPACER

- Clean at least once each week and more often if having breathing trouble.
- Separate the parts that can be removed, and soak them in warm water with mild detergent for 20 minutes. (If a mask is used, gently remove it from the spacer).
- Rinse with clean, warm water.
- Do NOT boil or place in dishwasher.
- Do NOT rub dry; Shake excess water, and place on a clean surface to air dry.
- Once completely dry, put spacer back together, and store in a clean plastic bag.

ASTHMA CHECKLIST

- ✓ Rinse after using your medicine?
- ✓ Use your inhaler and spacer?
- ✓ Take your controller medicine today?
- ✓ Check the expiration date on your meds?
- ✓ Remember to clean your spacer or nebulizer?
- ✓ Remember to keep your doctor's appointments?

ASTHMA DIARY

Date and Time:

Wheezing

Coughing

Chest tightness

Nighttime awakenings

Early morning cough

Itching

Headaches

Triggers / quick-relief medications:

Comments:

Date and Time:

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Triggers / quick-relief medications:

Comments:

PEAK FLOW DIARY

Date and Time:

Wheezing

Coughing

Chest tightness

Nighttime awakenings

Early morning cough

Limited activity

Record your best peak flow each morning and early afternoon, before and a few minutes after using your inhalers or nebulized medicine.

AM:

PM:

Triggers / quick-relief medications:

Date and Time:

Wheezing

Coughing

Chest tightness

Nighttime awakenings

Early morning cough

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PM:

Triggers / quick-relief medications:

ASTHMA CONTROL TIPS

- Wash bedding weekly with laundry soap and hot water
- Cover pillows and mattresses with allergen proof encasements, if possible
- If unable to get rid of pets, keep them from the bedroom and keep the door closed
- Wash pets weekly
- Minimize the amount of stuffed toys and wash them weekly
- Vacuum carpets once or twice per week
- Use a wet mop and damp cloth when dusting
- Use a dehumidifier or air conditioner to keep the humidity level low in the home
- Fix all leaky pipes and faucets
- After outdoor activities, have your child shower/bathe and wash hair

Protect your child from exposure to secondhand smoke. If you smoke, consider quitting!

- Smoke outside of the home and the car
- If you wear a jacket outside when you smoke, remove it when you go inside
- Wash your hands after smoking

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ASTHMA'S RULES OF TWO

IF YOUR CHILD...

Uses the rescue medication more than two times a week

OR

Wakes up at night with asthma more than two times a month

OR

Has to have more than two rescue medication refills in a year

...then his or her asthma is not under control and you should talk to your child's doctor to see if the medications need to be adjusted.

MORE INFORMATION

National Heart, Lung and Blood Institute

<http://www.nhlbi.nih.gov>

Asthma and Allergy Foundation of America

<http://www.aafa.org>

Allergy and Asthma Network, Mothers of Asthmatics

<http://www.aanma.org>



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